

## ***COOKING IN METRIC ASSIGNMENT***

**PART 1:** TAKE A FAVORITE RECIPE AND WRITE IT ON A 5 X 7 NOTECARD IN AMERICAN UNITS.

**PART 2:** CONVERT THE RECIPE TO METRIC ON THE BACK SIDE OR ANOTHER 5 X 7 NOTECARD.

**PART 3:** PREPARE THE RECIPE AND BRING IT TO CLASS ON THE ASSIGNED DAY TO SHARE WITH YOUR CLASSMATES.

### **PUMPKIN BREAD (AMERICAN UNITS)**

2 ½ CUPS SUGAR  
2/3 CUP VEGETABLE OIL  
4 EGGS  
2 CUPS CANNED PUMPKIN  
3 1/3 CUPS SIFTED FLOUR  
½ TEASPOON BAKING POWDER  
2 TEASPOONS BAKING SODA  
1 ½ TEASPOONS SALT  
1 TEASPOON CINNAMON  
½ TEASPOON GROUND CLOVES  
2/3 CUP WATER H<sub>2</sub>O



BEAT SUGAR AND OIL UNTIL CREAMY. ADD EGGS ONE AT A TIME. ADD PUMPKIN AND STIR. SIFT DRY INGREDIENTS THEN ADD DRY INGREDIENTS, ALONG WITH 2/3 CUP OF WATER TO BATTER. BEAT WELL

POUR BATTER INTO 2 GREASED LOAF PANS. THEN BAKE FOR 1 HOUR AT 350° F.

### **PUMPKIN BREAD (METRIC UNITS)**

510 GRAMS OF SUGAR  
157 MILLILITERS VEGETABLE OIL  
4 EGGS  
456 GRAMS CANNED PUMPKIN  
737 GRAMS SIFTED FLOUR  
1.25 GRAMS BAKING POWDER  
5 GRAMS BAKING SODA  
3.25 GRAM SALT  
2.5 GRAMS CINNAMON  
1.25 GRAMS GROUND CLOVES  
157 MILLILITERS WATER H<sub>2</sub>O

BEAT SUGAR AND OIL UNTIL CREAMY. ADD EGGS ONE AT A TIME. ADD PUMPKIN AND STIR. SIFT DRY INGREDIENTS THEN ADD DRY INGREDIENTS, ALONG WITH 157 MILLILITERS OF WATER TO BATTER. BEAT WELL  
POUR BATTER INTO 2 GREASED LOAF PANS. THEN BAKE FOR 1 HOUR AT 177 °C

DUE DATE \_\_\_\_\_

NAME \_\_\_\_\_

DATE \_\_\_\_\_ PERIOD \_\_\_\_\_

## *COOKING IN METRIC*

### VOLUME

1 teaspoon = 5 milliliters (ml)

1 tablespoon = 15 milliliters (ml)

1 cup = 236 milliliters (ml)

1 quart = 946 milliliters (ml)

### MASS

1 ounce = 18.35 grams

1 pound = 454 grams

1 cup of granulated sugar weighs 8 ounces

1 cup of confectioners sugar weighs 4.5 ounces

1 cup of brown sugar weighs 6 ounces

### TEMPERATURE

0° Fahrenheit = -17° Celsius or Centigrade

Moderate oven 350° - 375° Fahrenheit = 177° - 190° Celsius or Centigrade

To convert Fahrenheit into Celsius  
subtract 32, then multiply by 5, and divide by 9.

To convert Celsius into Fahrenheit,  
multiply by 9, then divide by 5, and add 32.